

effective oct 1 2012
greenwich

monday

tuesday

wednesday

thursday

friday

saturday

sunday

greenwich west

8:30 - 9:45am
Vinyasa Intermediate

10:00 - 11:15am
Vinyasa Basic/Intermediate

12:30 - 1:30pm
Empower Lunch

2:00 - 3:15pm
Gentle

5:45 - 7:00pm
Vinyasa Basic/Intermediate

7:15 - 8:45pm
Iyengar Inspired

8:30 - 9:45am
Vinyasa Basics

10:00 - 11:15am
Vinyasa Intermediate

11:30 - 12:15pm
Mommy and Me Yoga (6wk-crawl)

12:30 - 1:30pm
Empower Lunch

12:30 - 1:30pm
Mom's Group (Dad's welcome)

2:00 - 3:15pm
Gentle

5:45 - 7:00pm
Vinyasa Basic/Intermediate

7:15 - 8:30pm
Yin Yoga

8:30 - 9:45am
Vinyasa Basics

10:00 - 11:15am
Vinyasa Basic/Intermediate

12:30 - 1:30pm
Empower Lunch

2:00 - 3:15pm
Gentle

4:15 - 5:15pm
Teen Yoga (14-18 yrs)

5:45 - 7:00pm
Vinyasa Basic/Intermediat

7:15 - 8:15pm
Vinyasa Basics

8:30 - 9:45am
Vinyasa Basics

10:00 - 11:15am
Vinyasa Intermediate

11:30 - 12:15pm
Mommy and Me Yoga (crawl & up)

12:30 - 1:30pm
Empower Lunch

3:15 - 4:00pm
Kids Yoga (3-5 yrs)

4:15 - 5:15pm
Tween Yoga (9-12 yrs)

5:45 - 7:00pm
Vinyasa Basic/Intermediate

7:15 - 8:30pm
Yin Yoga

8:30 - 9:45am
Vinyasa Basic/Intermediate

10:00 - 11:15am
Gentle

12:30 - 1:30pm
Empower Lunch

4:30 - 5:45pm
Vinyasa Basic/Intermediate

6:00 - 7:30pm
Yin Yoga

7:30 - 8:00pm
Free Meditation Group

8:30 - 9:45am
Vinyasa Intermediate

10:00 - 11:15am
Vinyasa Basics

11:30 - 12:45pm
Prenatal Yoga

4:00 - 5:15pm
Vinyasa Basic/Intermediate

9:00 - 10:15am
Vinyasa Intermediate

10:30 - 11:45am
Vinyasa Basic/Intermediate

2:45 - 3:30pm
Kids Yoga (6-9 yrs)

4:00 - 5:15pm
Vinyasa Basic/Intermediate

5:30 - 6:45pm
Restorative Yoga/Meditation

*gwc members only

6:00 - 7:00am
Hot Vinyasa Basic/Intermediate

8:15 - 9:15am
Hot Vinyasa Intermediate

9:30 - 10:45am
Hot Vinyasa Basic/Intermediate

6:15 - 7:30pm
Vinyasa Basic/Intermediate

8:15 - 9:15am
Vinyasa Basic/Intermediate

9:30 - 10:45am
Hot Vinyasa Basic/Intermediate

6:00 - 7:15pm
Vinyasa Basic/Intermediate

6:00 - 7:00am
Hot Vinyasa Basic/Intermediate

8:15 - 9:15am
Hot Vinyasa Intermediate

9:30 - 10:45am
Hot Vinyasa Basic/Intermediate

8:15 - 9:15am
Ashtanga - Primary Series

9:30 - 10:45am
Hot Vinyasa Basic/Intermediate

6:00 - 7:15pm
Vinyasa Basic/Intermediate

6:00 - 7:00am
Hot Vinyasa Basic/Intermediate

8:15 - 9:15am
Hot Vinyasa Intermediate

9:30 - 10:45am
Hot Vinyasa Basic/Intermediate

11:15 - 12:30pm
Gentle

8:45 - 10:00am
Hot Vinyasa Basic/Intermediate

10:15 - 11:30am
Hot Vinyasa Basic/Intermediate

8:45 - 10:00am
Vinyasa Basic/Intermediate

10:15 - 11:30am
Hot Vinyasa Intermediate

11:45 - 12:45pm
Vinyasa Basics

4:00 - 5:15pm
Hot Vinyasa Intermediate



suitable for
beginner

hot yoga

yoga series

for up to date schedule including subs and cancellations please visit our website
:: kaia yoga.com

class descriptions

basic/intermediate :: pure awareness

Explore breath awareness and postures. Not a vinyasa class.

gentle :: pure support

Develop a strong foundation in standing poses, balancing, twists and restorative. Not a lot of down dog or plank. Supportive class for injuries.

hatha basic/intermediate :: pure align

Traditional yoga class incorporating asanas (poses) pranayama (breathing) and meditation.

hot vinyasa basic/int :: pure evolution

Step it up in your practice. Linking your breath, build chaturanga and updog and sweat in our 95 degree hot room.

hot vinyasa intermediate :: pure boost

Balanced practice to explore the edge and find center. Play with arm balances and inversions in our 95 degree hot room.

iyengar inspired :: pure align

Multi-level class. Learn to build a strong foundation for each posture, with long holds and detailed alignment.

iyengar intermediate :: pure align

Long holds supported with props. Detailed alignment. For those that have a strong yoga practice.

kripalu flow :: pure kripalu

Blends a meditative focus with a creative flow of gentle vinyasa, emphasis on breath and sensation to awaken prana.

prenatal yoga :: pure expecting

Great class to introduce you to the benefits of yoga during your pregnancy. Options for all levels.

restorative :: pure rest

Bolsters, blankets and blocks supporting you in every blissful resting pose! Incorporates pranayama and meditation.

restorative w/ meditation :: pure rest

Bolsters, blankets and blocks supporting you in every blissful resting pose! Incorporates pranayama. A short seated meditation ends this class.

vinyasa advanced :: pure uplift

a strong and inspiring practice - a strong foundation in inversions, ujjayi pranayama and bandhas suggested.

vinyasa basics :: pure foundation

Learn plank, downdog and cobra, start to understand the basics of vinyasa yoga. Build strength, breath and flow.

vinyasa basic/int :: pure evolution

Step it up in your practice. Linking your breath, build your chaturanga and updog and maybe sweat a little too!

vinyasa intermediate :: pure boost

Balanced practice allowing space to explore the edge and find center. Play with arm balances and inversions.

vinyasa int/adv :: pure uplift

Strong inspiring practice that will kick your butt in a really good way. Learn fun arm balances and inversions.

yin yoga :: pure opening

Deep practice holding poses to stimulate the body's connective tissue and create greater flexibility. Lots of hip and hamstring poses. Complements more vigorous styles and sports.

yin yoga w/ meditation :: pure opening

Deep practice holding poses to stimulate the body's connective tissue and create greater flexibility. Lots of hip and hamstring poses. Complements more vigorous styles and sports. A short seated meditation ends this class.

pricing

\$30 for 30 days of Unlimited Yoga

valid for local residents new to Kaia Yoga and available for purchase on your first visit only

\$22 Drop In

\$129 Monthly Unlimited Membership

12 month contract - minimum 3 month commitment

\$195 for 10 Class Card

expires 3 months from first use

\$340 for 20 Class Card

expires 6 months from first use

kaia kids playroom

The Little Sprouts Supervised Playroom offers a safe and inviting space for children ages 6 weeks through 6 years. Space is limited so please register as far in advance as possible. To register please call 203.532.0660, at this time, no online registration is available. The cost is \$15 for two hours for one child and \$10 for two hours for siblings.

wellness

Private yoga for groups or individuals, birthday parties, and wellness services like acupuncture, massage, reflexology, reiki, thai yoga bodywork and ayurvedic therapies are all available upon request. For more information see our website or inquire at the desk during your next visit.

corporate programs

Please inquire for details.



Please see the website for more info :: kaia yoga.com